

2018 ARNOLD WEIGHTLIFTING CHAMPIONSHIPS - EVENT INFORMATION

Rev. 2/25/18

**SANCTION:** 60-18-108008

**DATE:** March 1st - 4th, 2018

**LOCATION:** Columbus, OH, USA

**Athlete, Coach, Volunteer:**

Each athlete + 1 coach will receive a wristband good for complimentary 4-day admission into the 2018 Arnold Sports Festival.

Volunteers will receive a wristband by confirming their registration via CWL volunteer list or USAW Technical Official list.

**CREDENTIALING & REGISTRATION & SUPPORT:**

Credentialing and registration will be done outside A125 at the venue starting at 2pm on Wednesday till 8pm.

Thursday-Friday-Saturday: 630am to 6pm for Registration.

Sunday-630am to noon.

Athlete support will be upstairs above our field of play at A221 including a team of chiro's, massage, physical therapists.

Sign-up for athlete support in their area.

**SPECTATOR ADMISSION:**

Entry into the 2018 AO1 Series Powered by Rogue is free with the purchase of admission into the 2018 Arnold Sports Festival. For non-athletes/ and not listed primary coaches, please visit <http://www.arnoldsportsfestival.com/tickets/> for further information concerning event admission via Ticketmaster.

If you are a helper for the athlete's session(s), the athlete will receive 3 passes for their lifting session. Registration for all is at A125 inside the Greater Columbus Convention Center at 400 N. High Street Columbus, OH 43215. This location is across from Martini's Restaurant.

**VENUE:**

Rooms of competition, A110 - A115 & A120-A125 (these two ballrooms are across from each other inside the Greater Columbus Convention Center (GCCC), 400 N. High St., Columbus, OH 43215. These two ballrooms are directly across the restaurant, Martini's, on High Street.

Special sessions also at the Rogue Strength Stage, inside the Expo Hall on Friday, 3/2/18 from 9am to 1pm at the Greater Columbus Convention Center (GCCC), 400 N. High St., Columbus, OH 43215.

[Rogue Strength Stage Location](#), click on link.

**Hours for training:**

Training Hall is located at Rogue Fitness at 1080 Steelwood Road Facility near Kenny and Kinnear roads (**this is not their current location at 5<sup>th</sup> Avenue**) A check scale will be provided.

A shuttle will be available from 2pm to 8pm on Wednesday from the GCCC roundabout to the Rogue facility on the hour. There is one entrance/exit door on the West South corner of the facility. A person at that entrance will have a list of athletes and coaches on premises. Please stay in this area when training for safety and OHS compliance.

Hours of operation for training hall start on Wednesday from 2pm to 8pm.

**NOTE:** The shuttle for this will be a white 15 passenger van and travels from the meet hotel, Embassy Suites Airport location starting at 2pm sharp to the Rogue facility and then to the GCCC roundabout entrance at the Hyatt.

It will then head back to this hotel and make this **3 stop loop** until last stop leaving from Rogue facility at 8pm. Please plan your training on Wednesday.

**Thursday ONLY**, meet at the GCCC Arnold Shuttle area in the middle of the roundabout with double doors. There is a shuttle stand there and mention you are with USAW. 9am-6pm, the shuttle will go back and forth in a loop, six times. 9am, 11am, 1pm, 3pm and 5pm starting at the convention center to the training hall. Take the airport hotel shuttle to the GCCC roundabout to pick-up the training shuttle or Uber/Lyft.

**Friday and Saturday**, White Shuttle Van again for training from 9am to 6pm on the hour from the GCCC roundabout at 9am to the Rogue facility only and making a **2-stop loop** from the GCCC to the Rogue Training facility only. Take the host airport hotel shuttle to the GCCC roundabout to pick-up the training shuttle or Uber/Lyft.

**Note again:** All registration check-in is at, A125 in the GCCC. Banners will be displayed at the registration. Weigh-In, Check-Scale, Sauna, Athlete Lounge, A221 upstairs.

#### Hotel Shuttle, Embassy Suites Airport:

Transportation has been arranged to conveniently shuttle you to and from the Greater Columbus Convention Center, Thursday-Sunday. The shuttle will be available at the main entrance and will leave the hotel approximately every hour for the duration of the posted times.

**Thursday March 1- 5:00am-12:00am.** First shuttle departs Embassy Suites at 5:00am.  
Last Shuttle Departs the Convention Center at 11:30pm.

**Friday March 2- 5:00am-12:00am.** First shuttle departs Embassy Suites at 5:00am.  
Last Shuttle Departs the Convention Center at 11:30pm.

**Saturday March 3- 5:00am-10:00pm.** First shuttle departs Embassy Suites at 5:00am.  
Last Shuttle Departs the Convention Center at 9:30pm.

**Sunday March 4- 5:00am-7:00pm.** First shuttle departs Embassy Suites at 5:00am.  
Last Shuttle Departs the Convention Center at 6:30pm.

#### **SCHEDULE OF EVENTS:**

**Lifting will occur on Thursday through Sunday. Weigh-ins two hours before lifting time and lasting one hour.**

**Here are the @lifting times, to be updated at the USAW verification meeting in room A222 on 2/28 at 230pm EST:**

Thursday: 730am to 1120pm. Breaks between snatch and clean&jerk TBD.

Friday: 730am to 1120pm. Breaks between snatch and clean&jerk TBD.

Saturday: 730am to 9pm. Breaks between snatch and clean&jerk TBD.

Sunday: 730am to 640pm. Breaks between snatch and clean&jerk TBD.

## Note for competition:

Athletes on the South West side of A110-A115 location, platform color to be determined, will enter from the warm-up room to the competition platform via the back-drop and truss entrance through the service hall on the Southside of room A114. Athletes on the other side of this ballroom (two platform ballroom will enter on the North side of A113/4 between the truss set-up on the far North inside wall.

For A120-A125, the warmups will be in the A120 area and go through the service hall on the North side and truss area by A121.

There will be allowed a maximum of 3 passes for coaches for the warm-up area. Please note, coach, athletes and loaders will need to have a wristband for entry to the Expo Center. If you don't have a wrist band, you will be asked to leave the warmup area.

### **TECHNICAL MEETINGS:**

All changes to athletes' **Entry Totals and Event Coaches** must be made prior to or during the Technical Conference. Anyone who does not attend the Technical Conference agrees to accept all decisions made therein.

**\*\*\*For all Lifters\*\*\***

*See USAW Web site for pertinent information. These meetings will be held in room A222, directly upstairs from our venue via stairs, escalator or elevator.*

### **WEIGHT-CHECK & OFFICIAL WEIGH-INS:**

Weight-check calibrated scales will be available in the meet hotel, Airport Embassy Suites Hotel, as well as at the venue and the Rogue Steelwood training facility. The specific room location of the check scale will be posted at the Front Desk of the hotel and a State ID or passport must be presented and held until you return the key. The Official Calibrated Scales will be located in our venue at room A-Pod 220.

Official weigh-ins will take place inside room A220 upstairs and will begin two (2) hours prior to the start of that lifting session. Rogue Strength Stage weigh-ins TBD. 7am Women and 9am for men on Friday, 3/2.

### **SAUNAS:**

A sauna will be available free of charge for 2018 Arnold Weightlifting Championships competitors in room A221. Please be respectful of the sauna and remember it's not the sauna's fault if you don't make weight!

#### **At the Venue**

Hours: Wednesday. 4:00PM– 9:00PM; Thursday 5:00AM - 8:00PM Fri. Sat., 5:00AM – 8:00PM; Sun., 6:00AM – 3:30PM.

### **COMPETITION HOTEL:**

Embassy Suites Columbus – Airport      To make reservations, call (614) 536-0500.  
2886 Airport Drive  
Columbus, OH 43219

### **Welcome USA Weightlifting to the 2018 Arnold Sports Festival**

**The Embassy Suites Columbus Airport** is so glad to have you as our guests during your time here in Columbus, Ohio. We wish you well and we are here to make your stay as enjoyable as possible. Please feel free to ask us for anything that will make your visit more comfortable.

Our award-winning, AAA 4-Diamond full service property offers many amenities to keep you entertained

between competitions. **Our complimentary Cooked-to-order Breakfast will open early to serve you from 6:30am until 9:30am on Thursday & Friday and 6:30am-10:30am Saturday, and Sunday; our Beverage Reception runs every night from 5:30pm until 7:30pm.**

Our restaurant has an eclectic menu for lunch and dinner, offering everything from pizza, sandwiches & salads, to steaks and seafood. We also proudly serve Starbucks in our coffee shop, and our relaxing lobby offers a full service bar. Our pool is open from 6:30am-10:00pm with adult swim from 10:00pm-12:00am for our guests 21 & over. Guests 18 & over may enjoy our newly renovated 24-hour fitness center with a full range of state of the art Precor cardio equipment as well as free weights. Our Suite Shop, located in the lobby, is open 24-hours with a wide assortment of beverages, snacks and travel items available for purchase.

Hours again for transportation which has been arranged to conveniently shuttle you to and from the Greater Columbus Convention Center, Thursday-Sunday. The shuttle will be available at the main entrance and will leave the hotel approximately every hour for the duration of the posted times.

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Last Shuttle Departs the Convention Center at 6:30pm.

In addition, a scale is available 24 hours a day throughout your stay. You may visit the meet hotel Front Desk to sign out the key to gain access to the scale, located on the 3rd floor elevator landing in the video/Phone storage closet and then sign in the key at the conclusion of your weigh in.

If there is anything we can do to make sure that you have everything you need to make your stay more enjoyable, please let us know. We are glad you came and hope that you will think of us and Embassy Suites brand hotels the next time you travel. Thank you.

#### **At Your Service,**

The Embassy Suites Columbus-Airport Team

#### **VENUE PARKING:**

Parking can be secured at various locations around the GCCC. However, please be advised that ongoing construction work has led to the closures of some parking areas that have been used in years past. If you plan to drive to the event, click [here](#) for current parking information and road closures to help plan your route accordingly. If you are not at the meet hotel, the **Fairgrounds** might be a better option to be shuttled in to the competition. Here are the shuttle hours.

#### **ARNOLD EXPRESS SHUTTLE HOURS OF OPERATION**

Thursday, March 1, 2018 9 a.m. to 11:30 p.m.

Friday, March 2, 2018 7 a.m. to 11:30 p.m.

Saturday, March 3, 2018 7 a.m. to 2:30 a.m. (Sunday morning)

Sunday, March 4, 2018 7 a.m. to 6 p.m.

### **AWARDS:**

Please see USAW's Web site for medals and team awards.

### **PHOTOGRAPHY:**

Please see USAW's Web site for photography.

### **WEBCAST:**

This year's AO1 Series at the Arnold will be presented by USAW. Please see their Web site for information.

### **MUSIC:**

See the DJ inside of the weightlifting venues for music requests.

### **T-SHIRTS & OTHER EVENT MERCHANDISE:**

**Please support all of our sponsors, USAW, their partners and sponsors, new and old including Nike, Earth Fed, Caffeine & Kilos, Virus Intl., Strong Strong, LVD and many others.**

The latest information concerning the 2018 AO1 Series will be posted on

**USAW's Web site:** [www.usawweightlifting.org](http://www.usawweightlifting.org)

**our website:** [www.ColumbusWeightlifting.org](http://www.ColumbusWeightlifting.org)

**our Facebook page:** [www.facebook.com/ArnoldWeightliftingChampionships](https://www.facebook.com/ArnoldWeightliftingChampionships)

**our Facebook page:** [www.facebook.com/ColumbusWeightlifting](https://www.facebook.com/ColumbusWeightlifting)

**our twitter account:** [twitter.com/CbusWL](https://twitter.com/CbusWL)

### **RESTAURANTS:**

The Convention Center has a Food Court on the second floor. Take the escalator up and proceed to the south end of the Convention Center (It's a bit of a walk.). There are also more than 20 restaurants within 3 blocks of the Convention Center.

### **EXPO INFORMATION:**

For information on the rest of the 2018 Arnold Sports Festival and EXPO, go to [www.ArnoldSportsFestival.com](http://www.ArnoldSportsFestival.com).

### **QUESTIONS?**

For event logistics, multi-media and audio-visual systems, technology, international athlete invitations, drug-testing, and related items other than for USAW, contact **Mark Cannella** by [e-mail](mailto:markcannella@usaw.com) or phone at (614) 832-2757.

For registration, start-lists, press releases, media & marketing, sponsorship, vendorship, social media campaigns, hospitality, and related items, contact Shelly Viets by e-mail at [shellyviets@yahoo.com](mailto:shellyviets@yahoo.com)

For facilities management, set-up/tear-down, and all other construction- and hardware-related items, contact by phone, Mark Cannella (614) 832-2757.

For items relating to the Arnold Sports Festival, including the EXPO and all other sports other than weightlifting, please visit [www.ArnoldSportsFestival.com](http://www.ArnoldSportsFestival.com) and use the applicable contact information provided therein.